

The District 3 Slate

October 2005

County Supervisor Pam Slater-Price

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County Supervisor
Pam Slater-Price

The news keeps getting better for our four-legged

friends, as the staff and "guests" get used to the many new features at the modernized North County Animal Shelter in Carlsbad. The new facility is 25,000 square feet and allows the Department of Animal Services to provide enhanced medical care while increasing the prospects of an animal's adoption. It is set to open Nov. 3.

I have been a longtime advocate of humane animal shelters and helped fund the expansion of the shelter on Palomar Airport Road.

Phase III was approved in late September. The \$118,000 cost is covered by donations to the shelter by individuals and companies concerned about the health and welfare of our pet population. This comes at a time when shelters are assisting to place pets lost during the Gulf hurricanes. It is heart-wrenching to see so many animals waiting a new home. Please consider opening your heart to a new special friend.

Pam

When A Stroke Strikes, This County Needs To Be Ready

When a stroke strikes, time is of utmost importance. A victim has a better chance for full recovery if the stroke is verified and special drugs are administered within 3 hours. However, a stroke victim today could lose precious minutes waiting to be diagnosed at a medical facility not equipped nor trained to handle such specialized medical care.

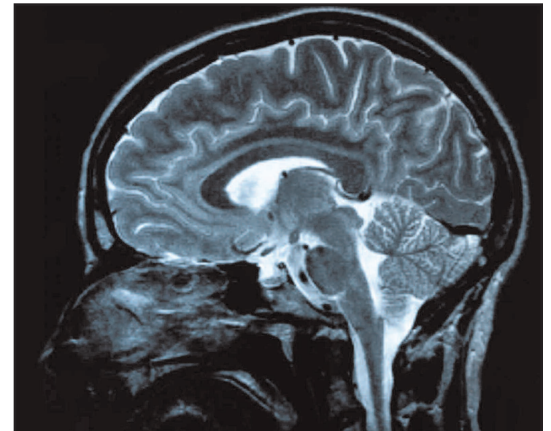
With this in mind, I am asking the Board of Supervisors to convene a Stroke Task Force with the goal of improving this region's recognition and treatment of strokes. The first action of this task force is to convene an all-day symposium with the county Health and Human Services Agency and the San Diego County Hospital Association to review standards being used today and how they can be modified to improve treatment and care.

Issues that will be examined include:

- How many stroke victims are there annually in San Diego County and are there specific communities or areas that have a higher incidence of stroke.
- Which hospitals have a stroke center or other specific treatment procedures.
- Are there uniform standards to treat a stroke victim countywide?

To further this goal, I am committing \$20,000 in community grants funding to the American Stroke Association, an affiliate of the American

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Time is of critical importance when a person suffers a stroke, seen here in an MRI of the brain. New drugs can reverse a stroke if administered within the first three hours.

Stroke - Up Close And Personal

By Dennis C. Lhota

It was a phone call that froze time. "Can you come up here. Your Mom can't move her side," my Dad said, emotion better maintained in his voice. Mom and Dad have been married coming up on 52 years and they never had a serious medical problem.

Until now.

That Friday morning phone call introduced

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The Art Of Beach Revitalization

New technologies to improve our beaches debuted at my Beach Sand Replenishment conference. A company from Holland introduced a new sand replenishment system, Mechanism of Pressure Equalizing Modules (PEM), that they believe will rebuild San Diego County's eroded beaches in a matter of months.

Since the August conference, EcoShore Int. has made several visits to San Diego County to demonstrate its state-of-the-art replenishment system. So far, the response has been positive.

Here is how this high-tech equipment works: PEM, long tubes with tiny slits at the top and throughout the tube, lets water in and keeps sand out. The tubes penetrate the beach beneath the surface and connect the different layers of ground

water. This leads to diffusion of the ground water into the back beach and dune area.

The result is that water returning to the ocean (following a wave) does not carry out as much sand. Heavy sand removal is prevented.

This technique also leaves the sand drier. When the next wave washes up on the beach, more sand is left on the surface. On a drier beach, especially one that will now be dryer for a longer period of time between waves, sand is difficult to wash away because intergranular friction is increased.

The result is a steady depositing of sand on the beach, changing the shoreline from a concave to a convex shape, allowing wind to blow the extra

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STROKE

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Heart Association, which will coordinate a public awareness and educational campaign about the signs and symptoms of stroke.

A stroke occurs when blood flow is interrupted to a part of the brain, depriving cells of oxygen and nutrients.

"A stroke is a medical emergency because brain cells start dying quickly," explains Dr. John Marler, associate director for clinical trials at the National Institute of Neurological Disorders and Stroke, adding that stroke is the leading cause of long-term disability and third-leading cause of death in the United States. "The longer blood flow is cut off and the longer treatment is delayed the more likely it is that the patient will suffer permanent damage."

Medical professionals have a phrase for this dilemma: Time is brain.

Stroke is a significant healthcare issue, as 700,000 people every year nationwide suffer its ravages. A stroke affects family, friends and colleagues - every 45 seconds.

Each year, more than 1,500 county residents die due to stroke. Those who survive face a long journey through therapy as they try to regain lost motor functions. Statistics further tell the story:

- 10 percent of stroke survivors recover almost completely.
- 25 percent recover with minor impairments.
- 40 percent experience moderate to severe impairments requiring special care.
- 10 percent require care in a nursing home or other long-term care facility.

"A stroke is a medical emergency because brain cells start dying quickly."

Dr. John Marler



- 15 percent die shortly after a stroke.

The County of San Diego is fortunate to have an extremely knowledgeable public health officer in Dr. Nancy Bowen, who will assist the task force. Dr. Bowen sits on the governor's Heart Disease and Stroke Prevention and Treatment Task Force.

It is my goal to see that San Diego County has uniformed standards and procedures to recognize and treat a stroke victim. This task force will help San Diego meet its obligation to a nationwide goal of reducing stroke deaths by 20 percent by 2010.

One way to meet this goal is to guide Stroke victims to a hospital that is staffed and equipped to handle such complex

cases. Paramedics could be instructed to direct a stroke victim to specific facilities, instead of the nearest hospital, thereby increasing a patient's chance for recovery.

As our nation ages, as it will with the Baby Boomer generation, the recognition and treatment of stroke becomes imperative. San Diego County deserves a network of comprehensive stroke centers.

UP CLOSE

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me to the realities of how life can change dramatically in an instant. My 74-year-old Mom was now a stroke victim, with little movement in her left leg and a left arm that had no idea what it was doing - or supposed to do - between its wrist and elbow.

Mom was lucky, she had a "minor" right-hemisphere stroke, which affected her left (non-dominant) side. Her memory remains sharp and her lip has recovered, allowing her to speak as before the stroke. Her balance is returning (she did not feel herself leaning to her left) and she is working hard with the therapists to walk again without assistance.

Will she fully recover? Probably not. I am trying to prepare Dad for this reality even as I prepare myself.

I am a regular at her Oceanside nursing home, and I watch with amazement how the team of therapists slowly but surely restore basic functions to bodies whose brains have giant "Detour ahead" signs posted in their neural pathways.

Some patients work harder than professional athletes in training, trying to regain control of their bodies. Others, sad to say, have given up. You read faces and know instantly who will eventually walk out the doors.

Because Mom's stroke occurred between 2 and 3 in the morning, and she did not let Dad know until about 8, she had already lost her window of opportunity to take the anti-stroke drugs. Her initial analysis and follow-up care at Tri-City Medical Center was excellent and to the point. In this she was fortunate.

Mom is a battler. She will be back. But there is a long road before us all.

BEACH

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further onto the beach.

If wave movement, such as tide, storms and sediment are at high "energy level," the PEM system can build a beach in a matter of months.

The system costs approximately \$200,000 per month to lease. Funding is an obstacle. However, if a public/private partnership could be formed to establish a one-year demonstration project on a beach in San Diego County we would soon know if this replenishment system is the wave of the future, or just the tide going out once again.

You might remember that in my State of the County address I



highlighted beach replenishment as one of my top priorities. As a result I have lobbied both Washington D.C. and Sacramento legislators for sand replenishment and clean water funding. I led a contingent, including the California Coastal Coalition, from office to office in Sacramento to present a case for funding. With our county lobbyist and my Chief of Staff, John Weil, I lobbied federal offices, too.

I am committed to the goal of securing a beach sand replenishment funding source. This lobbying effort and my conference were major steps forward in addressing our regional beach needs.

I truly believe that we can better compete with the East Coast states for funding, if - and only if - we agree on a plan and present a united front. We should develop a demonstration project to replenish sand on our beaches.

AROUND THE THIRD DISTRICT



ADVICE WORTH HEEDING

Deputy Public Health Officer Dr. Nancy Bowen (right) joins me for the kickoff of Safe4Baby, a monthlong awareness effort focusing on what parents and guardians can do to prevent Sudden Infant Death Syndrome (SIDS) and Shaken Baby Syndrome. The campaign also raises public attention to the state's Safely Surrendered Baby law, which allows a parent to bring a newborn child to a recognized facility, such as a hospital ER, with no questions asked instead of abandoning the child in a Dumpster or in a darkened alley.

Mosquitoes Ignore Fall's Arrival

Fall's cooler weather traditionally marks the end of mosquito season and, with it, the threat of West Nile Virus. However, this year's humid summer is lingering and so is the risk of contacting the virus.



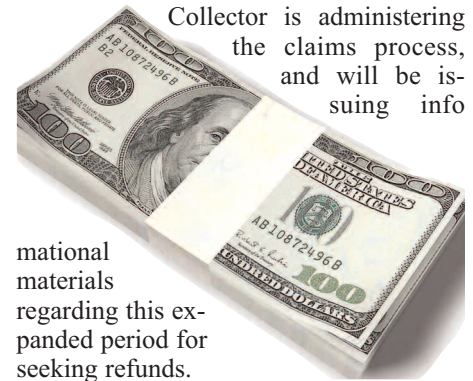
A season-high 93 infected birds have been found in San Diego County; last year the total was just 34. Plus, Northern California health officials believe they are now seeing the virus infect tree squirrels, which affects the mammals' neurological skills, especially coordination and balance. More than 20 mammal species, including horses, cows, sheep and house pets, are known to be infected with the virus, reports the federal Centers for Disease Control.

In San Diego County, residents are being asked to check their property for any sources of free-standing water in which mosquitoes live and breed. For tips, visit the website at www.SDFighttheBite.com.

Collect Your Hotel Tax Refund Now

To rectify its unintentional error, the County of San Diego is making it easier for taxpayers to seek refunds for payments of an invalid 1 percent hotel tax by extending the deadline to file the claims by 12 years, all the way back to 1990. Supervisors directed that claims for refunds could be made going back to Aug. 23, 1990, when the invalid tax went into effect.

Claims can be filed through Aug. 1, 2008. The Office of the Treasurer-Tax Collector is administering the claims process, and will be issuing info



national materials regarding this expanded period for seeking refunds.

Information and claim forms are available at www.sdtreastax.com.

The board's elimination of the statute of limitations follows the July 26, 2005 vote to repeal the invalid increase. The current board repealed it because the previous Board of Supervisors in 1990 approved the tax increase without the voter approval required by Proposition 62.

You Have The Power To End Illegal Encampments In Your Neighborhood

You cannot begrudge someone for wanting to earn a living and gaining their share of the American Dream. But this does not mean having to endure the impacts of an illegal encampment on your neighborhood.

Trash, potential fire hazards, noise, loitering or other unsafe living conditions are illegal. Consider the following actions to clean up a canyon, field or park:

- Talk to your police department. Request a directed patrol specific to the neighborhood near the encampment. If members of the encampment are responsible

for home burglaries, defecating on private property or trespassing, police may add a patrol to the area for a limited time. Also ask your council member to call the police chief to request this patrol.

- Ask the police chief to request the Border Patrol sweep to the encampment for the purpose of arrest. Border Patrol has the legal authority to arrest individuals illegally in this country. You have the right to ask your police chief to make that call.

- An illegal encampment presents a fire hazard. Ask fire inspectors to check for illegal campfires.

- To accomplish all of the above likely will need full community support. Town councils, planning groups and other organizations should sign a letter of support for these actions. Then start a petition by going door to door asking for action.

- Attend a council meeting; during public comment period citizens may speak on any issue. Because it is not an agenda item council members may not take action. However, they can have staff meet you in the hallway to discuss your request.

- Call your congressman. Ask to meet the district representative in person.

PAM'S PERSPECTIVE

Green Is San Diego County's Color!

The word is out: San Diego County is the leader in the "green" housing revolution and stewardship planning.

It was on my recommendation back in 1997 that this county implemented the Green Building Incentive Program, which gives home builders incentives to improve energy efficiency. By exceeding the state's minimum standards by 25 percent, a builder receives a 7.5 percent reduction in building fees and reduced time it takes to do plan checks. More than

60 buildings have been developed under this program in just its first five years.

In 2003, the county, under my direction, broadened the scope of projects eligible under the Green Building program to include the use of straw bales in construction, inclusion of gray water systems, and the expanded use of building materials that have a higher content of recycled materials.

In response, the county has received more than 95 applica-

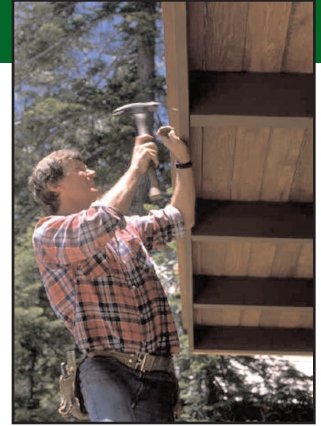
tions for the Green Building program since Jan. 1, 2003. Pardee, a major builder of residential homes, has strongly committed to meeting the region's Energy Star standards.

Watershed management allows nature to clean water through wetlands. View it as nature's own washing machines.

Showing its leadership, the county committed to achieving its LEEDS silver level certification for all new facilities and major renovations that are more than 5,000 square feet. Third District projects I pushed include the award-winning Cardiff-by-the-Sea Library and the soon-to-be constructed visitor's centers at the San Elijo and San Dieguito lagoons.

But improving the quality-of-life for residents goes beyond improving how we construct new buildings. It involves preserving open space and enhancing our watershed so that we protect our natural environment.

The heart of this effort is the Multiple Species Conservation Program (MSCP), that stands today at 92,202 acres, approxi-



mately 94 percent of the preserve requirement of 98,379 acres. This acreage includes property in the county, City of San Diego and the City of Chula Vista. Additional acreage will be added with the North and East County plans are finalized.

The MSCP provides a vision and standards for preserving, restoring and enhancing a sustainable ecosystem that connects or provides corridors by which flora and fauna will thrive.

Watershed planning complements the MSCP effort. A key component of this region's planning is to assure that high water-quality standards are achieved and maintained, as affected by stormwater runoff.

Watershed management allows nature to clean water through wetlands. View it as nature's own washing machines.

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